



Influenza

(The Flu)



Influenza Virus



The influenza virus affects the respiratory system. Most people's immune systems will be able to handle the virus effectively, but:

- It can be dangerous.
 - Thousands die each year from severe illness or complications from the virus.
- It is contagious.
 - According to the CDC, people with the flu can spread the virus to others up to six feet away.
- There are some populations at higher risk.
 - Some people are at higher risk for severe illness or complications from the flu.



Who is at risk?

Those who are at high risk of having severe illness or serious influenza-related complications include:

- People 65 and older
- Children under 5, especially children under two
- People with weakened or malfunctioning immune systems, due to disease or medication
- People with chronic medical conditions

Who is at risk? (continued)



Those who are at high risk of having severe illness or serious influenza-related complications include:

- People with chronic medical conditions, such as:
 - Chronic lung disease (e.g., asthma, cystic fibrosis, and COPD)
 - Diabetes (both types 1 and 2)
 - Heart disease
 - Some neurological conditions
- People who live in long-term care facilities, such as:
 - Rehabilitation centers, assisted living facilities, skilled nursing units, nursing homes, etc.

Who should get the flu shot?



Everyone 6 months of age and older should get a flu shot, and especially:

- Those at higher risk for severe illness or complications from the flu virus
- Those who live with people at risk
- Those who work with or provide care for those at risk, for example:
 - Healthcare workers
 - Those who care for or work with young children

Who should **not** get the flu shot?



- Anyone who has had a severe allergic reaction to eggs
- Anyone who has ever had a severe allergic reaction to the influenza vaccine
- Anyone who has a fever when going to get the shot
 - If you have a fever, you should talk to your healthcare provider about getting your shot at a later date.

Who should **not** get the flu shot?

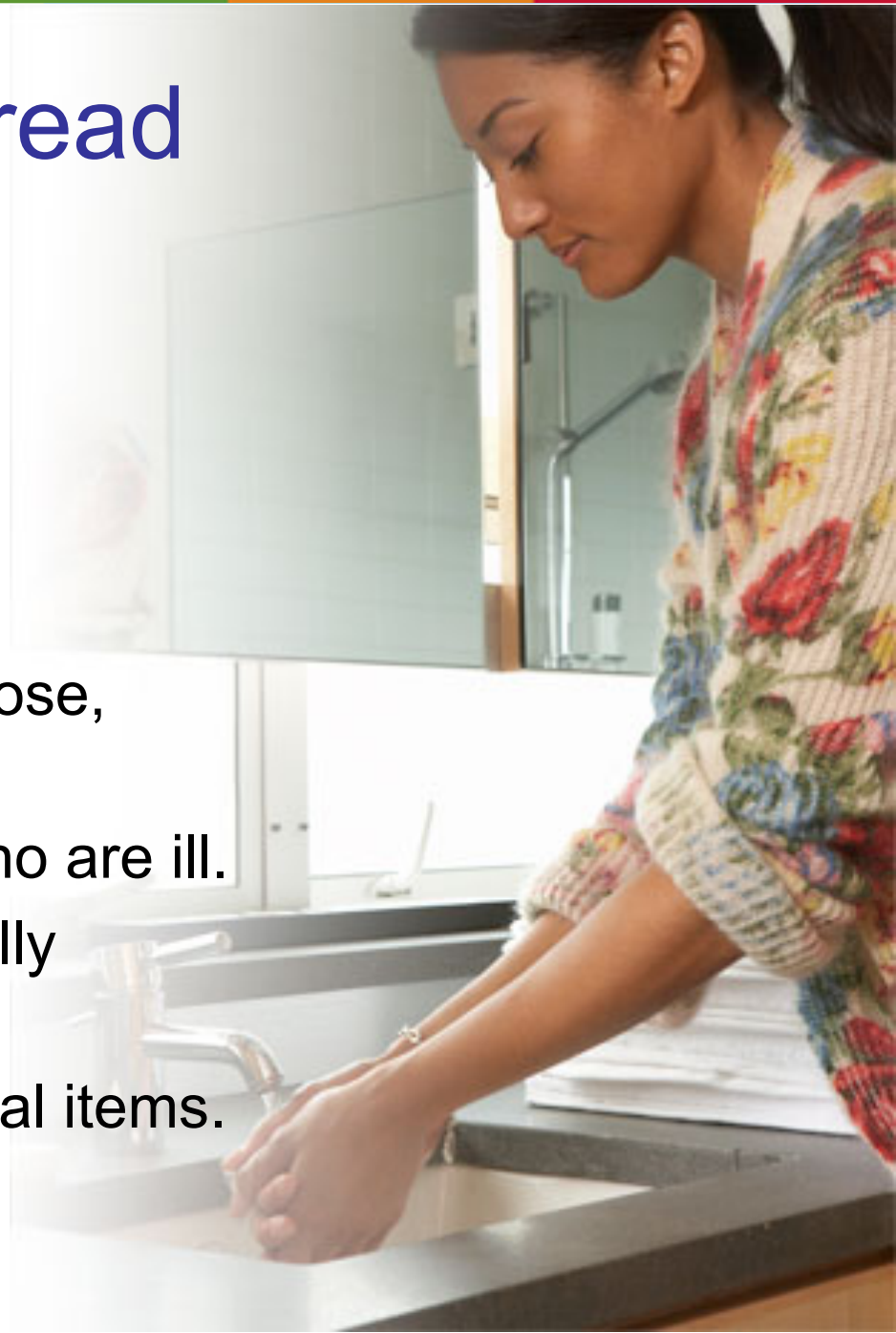
(continued)



- People with a history of Guillain–Barré Syndrome who are not at risk for severe illness from influenza
 - Tell your doctor if you ever had Guillain-Barré Syndrome.
 - Your doctor will help you decide whether the vaccine is recommended for you.
- People under 65 years of age should not receive the high-dose flu shot.
 - The high-dose flu shot is designed specifically for people 65 and older.

Preventing the Spread of the Virus

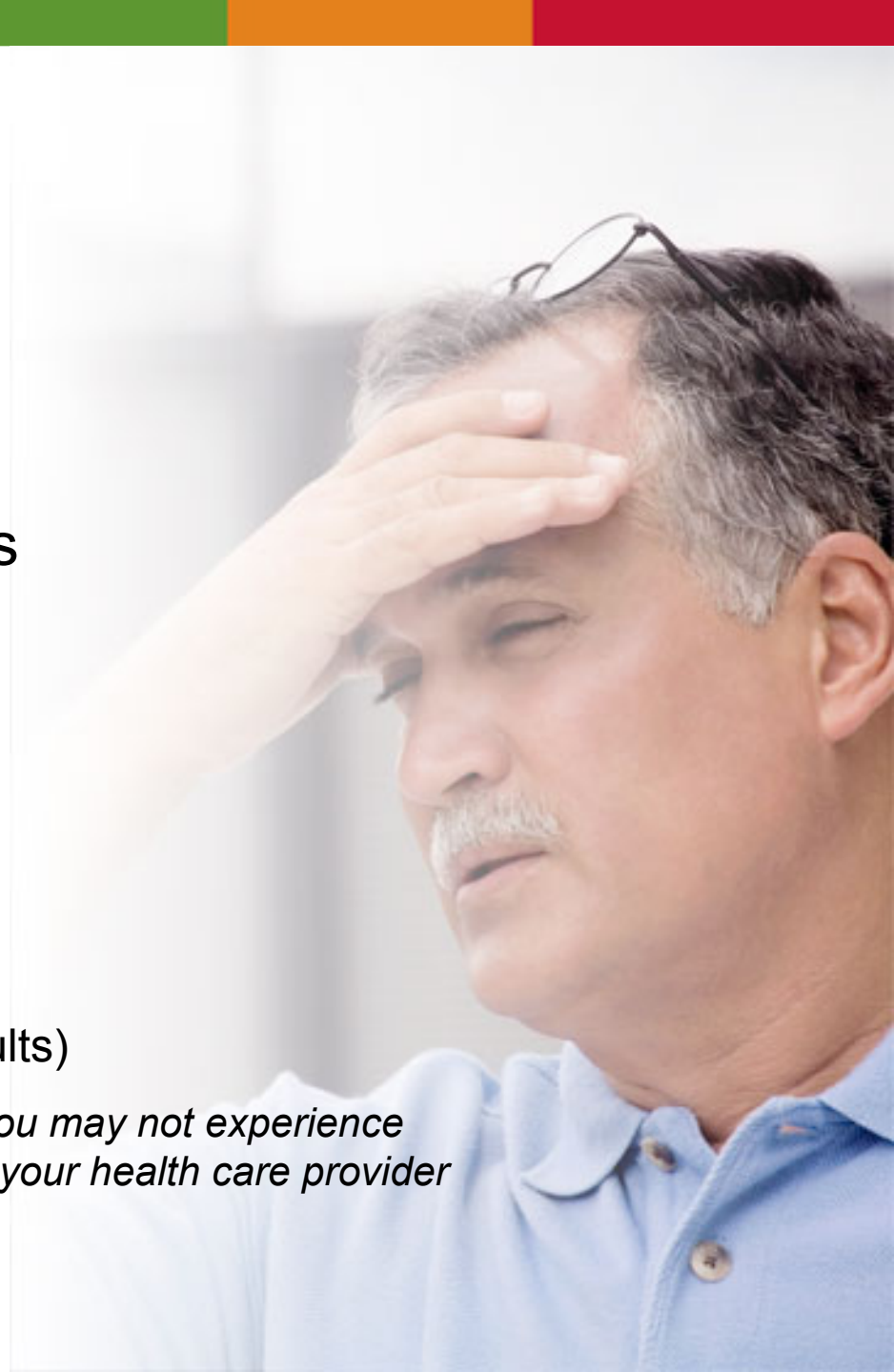
- Get a flu vaccine.
- Cover your nose and mouth when sneezing or coughing.
- Wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Avoid contact with others who are ill.
- Stay home when ill, especially with a fever.
- Refrain from sharing personal items.



Flu Symptoms

- Fever or feeling feverish*
- Headache
- Fatigue or extreme tiredness
- Cough
- Sore throat
- Runny or congested nose
- Muscle and body aches
- Diarrhea and vomiting
(more common with children than adults)

**Not everyone with flu will have a fever, and you may not experience all of these symptoms. Be sure to check with your health care provider if your symptoms become severe.*



If you think you have the flu...



- Isolate yourself, so that you don't spread the virus.
 - If possible, stay home until at least 1 day after the fever ends.
- Cover your mouth and nose when you sneeze or cough.
 - Afterwards, throw away the tissue and wash your hands.
- Wash your hands after coughing or sneezing, or if you've touched your nose, mouth, or eyes.
- Take anti-viral drugs, if your doctor prescribes them.
 - These drugs can make the illness milder if given early enough in the illness.



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safety, and **productivity**
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